



CONNECTION REFRESH (Universal Access)

- ① We are One; please clear me and connect me to Source now.
- ② Please reset my ego and heart to neutrality.
- ③ Please clear and reeducate me and my high-self/team. Raise all to the highest level of consciousness and clear to accept all new downloads and information.
- ④ Clear all negative energies, portals, openings, interferences, dark arts, and everything else. Create a safe and sacred space now, please.
- ⑤ Clear any addiction energies, defensive blocks, self-punishments, self-sabotages, and fears.
- ⑥ Clear me of any blocks and any attachments.
- ⑦ Clear me of any blocks to receiving energy healing now. Clear me to be open to all possibilities.
- ⑧ Please clear any extras, any cords, any possessions, any influences, and all hidden.
- ⑨ Apply an Infinite Shield to the full spectrum of my being.

(To connect to another soul, first ask permission. Once you get a yes, repeat the Connection Refresh using their name.)

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CHECK LIST:

How do you know you are connected:

① Show me who is my connection?

If not Source:

Say: Clear me now, I want to be connected to Source and Source only.

② From 0 - 100% or yes/no question,
Are my ego and heart neutral?

If lower than 100 % / ∞ or no:

Say: Clear and reeducate to set the ego/heart to neutral now!

Then ask/check again:

Show me from 0 - 100% or yes/no, is my ego/heart neutral?

(After, ask and do the same for the other soul)

③ From 0 - 100% or yes/no question,
Am I coming from the highest level of consciousness?

If lower than 100 % / ∞ or no:

Say: Clear any blocks and reeducate me and my team to operate at the highest level of consciousness now!

Then ask/check again:

Show me from 0 - 100% or yes/no, is my ego/heart neutral?

(After, ask and do the same for the other soul)



CHECK LIST:
How do you complete a healing:

① Do a “Connection Refresh” for yourself.

If you choose to clear someone else:
After your “Connection Refresh” you
Ask: ”Clear anything and everything
between me and “name of the soul,”
then do a “Connection Refresh” for the
other soul.

② Clear, bring healing with the methods
you have learned.

③ SEAL & COMPLETE

Before ending a healing, please ask for
everything to be SEALED & COMPLETED
for the greatest good of the person.
(You and the other soul).

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